

Friendship Heights  
Village Center



Calendar  
of Events 2005

J A N U A R Y						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	3 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting	4 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	5 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish <b>7:30 p.m.: Concert: Les Amis de Mozart</b>	6 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble <b>7:15 p.m.: Movie: <i>The Bourne Identity</i></b>	7 10:30 a.m.: Coffee and Current Events	1 8:15 a.m.: Walking Club  <b>New Year's Open House 2 to 4 p.m.</b>  8 8:15 a.m.: Walking Club <b>12-1:30 p.m.: Landon Symphonette</b>
9 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	10 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting <b>8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	11 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	12 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Spanish 1 p.m.: Health Insurance <b>1 p.m.: Suburban Lecture: Diseases of the Aging Eye</b> 1 p.m.: Portraiture <b>7:30 p.m.: Concert: Deborah Benner</b>	13 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>8:45 a.m.: Depart for Alexandria</b> 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble <b>7:15 p.m.: Movie: <i>Garden State</i></b>	14 10:30 a.m.: Coffee and Current Events	15 8:15 a.m.: Walking Club <b>12:45 p.m.: "Flumpa"</b>
16 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	17 <b>Martin Luther King's Birthday Center Open 9 a.m. – 2 p.m.</b> 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	19 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture <b>1:30 p.m.: Vision Transitions</b> <b>7:30 p.m.: Concert: Emery Davis</b>	20 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble <b>7:30 p.m.: Café Muse</b>	21 10:30 a.m.: Coffee and Current Events	22 8:15 a.m.: Walking Club <b>12:15 p.m.: Depart for Ford's Theatre</b>
23 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga	24 9:15 a.m.: Fit-4-Ever <b>10: a.m. – 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga <b>7:30 p.m.: Henry Haller, White House Chef</b>	25 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	26 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Conversational Spanish 1 p.m.: Portraiture 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: IONA</b>	27 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime <b>1 p.m.: Depart for National Gallery of Art</b> 6:30 p.m.: Scrabble <b>7:15 p.m.: Movie: <i>The Manchurian Candidate</i></b>	28 10:30 a.m.: Coffee and Current Events <b>12:15 p.m.: Sunrise Special Lunch</b> <b>1 p.m.: Special Concert: Louise Kupelian</b>	29 8:15 a.m.: Walking Club 9 a.m.: Floor cloth workshop
30 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga	31 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga <b>7:30 p.m.: Book Signing with Bruce Sklarew and Bill Granatir</b>					

Join Great Conversations

The Village Center’s Great Books group begins a brand-new series entitled “Great Conversations” in mid-January. Each week the group reads an excerpt from this series or other related works. A designated facilitator leads the group in lively discussions. The discussions are on Mondays at 10 a.m. For more information, call Jean McNelis at 301-656-6695.

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH’S SPECIAL LUNCH AND PROGRAM

January’s special lunch, prepared by Sherise Campbell of Brighton Gardens, will be held on **Friday, Jan. 28, at 12:15 p.m.** The menu will be Rosemary Chicken, mashed potatoes, green beans, salad, and lemon pound cake for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Jan. 26.

After lunch, please stay to enjoy a piano concert of favorite jazz standards performed by Louise Kupelian at **1 p.m.** Ms. Kupelian has been a performing artist member of the Friday morning Music Club and the Arts Club of Washington for many years.